



Authentic Connections

Applying Holistic Leadership to Create Healthier Workplace Cultures

This program aims to equip behavioral health leaders with the essential skills and knowledge to effectively lead teams and foster healthier organizational cultures. Participants will learn strategic and people-focused leadership methods through “Authentic Connection.” The goal of this training series is to enhance their ability to navigate uncertainty, ambiguity, and conflict while maintaining resilience and composure in a rapidly changing behavioral health landscape.

Participants will:

- Explore strategies for fostering wellness and resilience to develop a healthier work culture within their scope of influence.
- Acquire practical skills in self-care, compassion, and inclusive strategies to integrate into their professional roles.
- Learn communication strategies to collaborate with others to develop adaptive strategies to address challenges in diverse teams.

Big Question to Answer

How can we build authentic connections and collaboration through holistic leadership?

Quote to Ponder

“There can be no joy in living without joy in work.”

Thomas Aquinas

3 Step Strength-Based Plan

A strength-based process, partially adapted from Dr. Christian Waugh

Identify problems and strengths, outline a general plan, and then take “the Next Best Step”

Reflection Question: What are the problems? What are our problems to fix? How do I resolve them?

Step 1: Identify and affirm your strengths, within the system

What are we good at? Where can we improve?

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Step 2: Create & align goals with your strengths

Focus on those goals you can control and things we CAN do

What are the next few steps I can take? What am I missing? How can we track progress?

What is in our control?	What is not in our control?	What is the next best step?

Step 3: Notice goal attainment and feel good about it!

- Celebrate wins, no matter how small
- Practice being happy in small steps

What's the WIN here?	How will we be HAPPY about it?	How can we SEE progress?	How can we FEEL progress?

The Next Best Step: What the best thing I can do right now?

Contact Info

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